

## The same person's experience of two different physical education classes

The PE lessons I participated in before and after my car accident at the age of 11 involved vastly different experiences. In the process in which I turned into the most invisible child from the most active child of the class, there are undoubtedly many factors at the individual, social, institutional and sociocultural levels. I think that the most defining element of these two experiences that are tremendously different from each other is directly related to “how we perceive and define differences, being an individual with disability, and disability.” Today, looking back as Turkey's first female athlete to win a gold medal at the Paralympic Games, I know that the physical education classes where I spent preparing term papers could have been richer, more effective and much more instructive for everyone in a class I also participated in. Without a doubt, it is difficult for physical education teachers to be one hundred percent ready in advance for each student with different experiences and special needs, but gaining perspective, communicating and understanding the reflection of physical education lesson in a person's life is our most important starting point...